

# Overload

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Chris Watson & Anne Herd , Australia, Oct. 2015 (Version 2)

**Music:** Overload by Tina Arena. CD: Eleven (Deluxe) (126 bpm - 3:23 - iTunes)

## **Intro: Start 32 beats in (15 sec) weight on L**

### **#1: SIDE ROCK, CROSS SHUFFLE, $\frac{3}{4}$ TURN, SIDE SHUFFLE**

**1-2-3&4** Rock R to side, Recover to L, Cross shuffle R over L stepping RLR

**5-6-7&8** Turn  $\frac{1}{4}$  R stepping back on L, Turn  $\frac{1}{2}$  R stepping forward on R, Side shuffle L stepping LRL (9:00)

### **#2: BEHIND, $\frac{1}{4}$ TURN, $\frac{1}{2}$ PIVOT, $\frac{1}{2}$ TURN, COASTER**

**1-2-3-4** Cross R behind L, Turn  $\frac{1}{4}$  stepping forward on L, Step forward on R, Pivot  $\frac{1}{2}$  L (keep weight on L)

**5-6-7&8** Step forward on R, Turn  $\frac{1}{2}$  R stepping back on L, Step R back, Step L beside R, step R forward (6:00)

### **#3: PRESS/ROCK FORWARD/RECOVER & PRESS/ ROCK FORWARD/RECOVER, PIVOT $\frac{1}{2}$ STEP, TOUCH**

**1-2&3-4&** Press/rock L forward with slight upper body roll, Recover R, Step L beside R, Press/rock R forward with slight upper body roll, Recover L, Step R beside L

**5-6-7-8** Step forward on L, Pivot  $\frac{1}{2}$  R (take weight to R) Step L to side, Touch R beside L (12:00)

### **#4: KICKBALL CROSS, $\frac{1}{2}$ TURN, SIDE/ DIP KNEES**

**1&2-3-4** Kick R on the diagonal, Step R beside L, Cross L over R, Turn  $\frac{1}{4}$  L stepping back on R Turn further  $\frac{1}{4}$  L, Step L to side

**5-6-7-8** Step R to Right dipping knees, Straighten knees & touch L to L forward 45, Step L to Left dipping knees, Straighten knees & touch R to R forward 45 (6:00)

### **#5: ROCK/RECOVER. $\frac{1}{2}$ PIVOT, RIGHT AND LEFT DOROTHY STEPS**

**1-2-3-4** Rock back on R/Recover to L, Step forward on R, Pivot  $\frac{1}{2}$  L

**5-6&7-8&** Step R foot forward on the diagonal, Lock L behind R, Step forward on R on R diagonal, Step forward on L diagonal, Lock R behind L, Step forward on L (12:00)

### **#6: ROCKING CHAIR, $\frac{1}{2}$ PIVOT, $\frac{1}{4}$ PIVOT**

**1-2-3-4** Rock forward on R. Recover to L, Rock back on R, Recover to L

**5-6-7-8** Step forward on R, Pivot  $\frac{1}{2}$  L, Step forward on R, Pivot  $\frac{1}{4}$  L (3:00)

### **#7: KICK, KICK, COASTER, KICK, KICK, COASTER CROSS**

**1-2-3&4** Kick R forward, Kick R to side, Step back on R, Step L beside R, Step forward on R

**5-6-7&8** Kick L forward, Kick L to side, Step back on L, Step R beside L, Cross L over R

### **#8: STEP KICK, STEP KICK, BEHIND, $\frac{1}{4}$ TURN, PIVOT $\frac{1}{2}$**

**1-2-3-4** Step R to side, Kick L out on the diagonal, Step L to side, Kick R out on the diagonal

**5-6-7-8** Cross R behind L, Turn  $\frac{1}{4}$  L stepping forward on L, Step Forward on R, Pivot  $\frac{1}{2}$  L

### **[64] Begin again**

**Contact: [anneherd@bigpond.com](mailto:anneherd@bigpond.com) - [chrisw@travelpartners.com.au](mailto:chrisw@travelpartners.com.au)**